

Appropriations Committee  
DMHAS Budget Hearing  
February 18, 2010

Selina Welborn  
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Good evening Appropriations Committee Chairs and Members, My name is Selina Welborn. I am a resident of Bloomfield, CT and in addition to being a person in recovery from mental illness, I am a mother and grandmother, I work as an advocate for Advocacy Unlimited, a statewide consumer run advocacy organization. I started a local greater Hartford chapter of the Depression and Bipolar Support Alliance (DBSA Greater Hartford) and am the lead facilitator of its support group. I am also a town representative and vice chair of Catchment Area Council #17.

I am here today to ask for your continued support of the services and programs that DMHAS provides in communities across Connecticut. As a representative of the above mentioned agencies and a recipient of DMHAS funded services, I can testify to you that those services and programs are critical to support the recovery of hundreds of individuals. People that we work with daily have basic needs for supportive and affordable housing, vocational and educational training, medications and outpatient therapy to support our recovery in the community.

On a personal note, I receive services in the town of Bloomfield and Enfield by DMHAS funded services. Without outpatient therapy, medication management, and more recently case management services, I would not be able to maintain my own recovery which allows me to give back to the community in the ways specified above. DMHAS funds important programs and at a time when stress levels are at their peak as many people struggle to maintain their health care-physically, mentally and financially, it's more important than ever to guarantee DMHAS has the funds it needs to continue to do the great work it does.

Thank you for listening.